

**how to set up:**

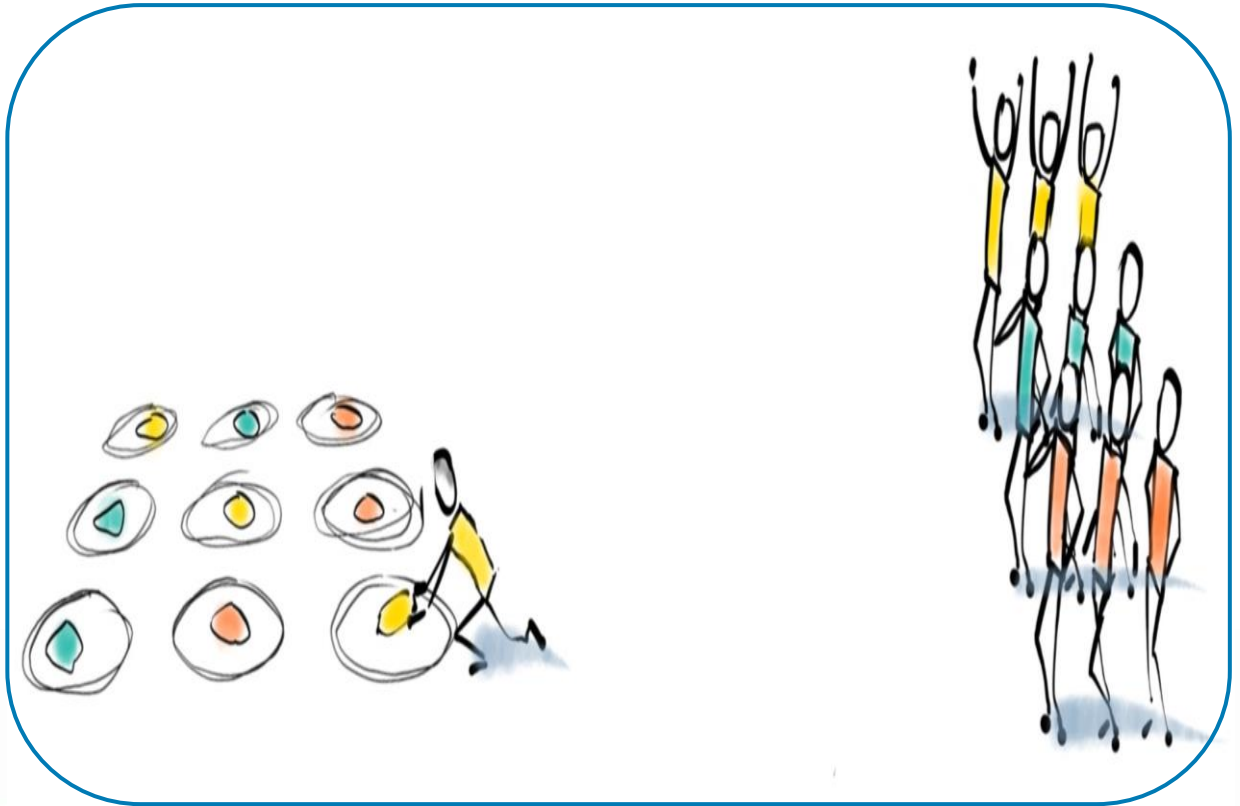
- Create a grid using 9 hoops on the floor 3 by 3.
- Split the class into groups of 3.
- 3 groups work together at one grid.

**equipment:**

- Hoops
- Cones (for the start)
- Bibs (a set of 3 of the same colour per team)

**how to score:**

- The team that scores 3 in a row first, wins.

**how to play:**

- One at a time, players run out and place a bib inside a hoop of their choice.
- The player then runs back to their team for the next player to run out with a bib (relay style).
- The bib is placed in a free hoop, of their choice, with the aim of creating 3 in a row.
- Once each team is out of bibs, they can move their colour bib, and swap places with one other bib (only one bib can be swapped per turn).

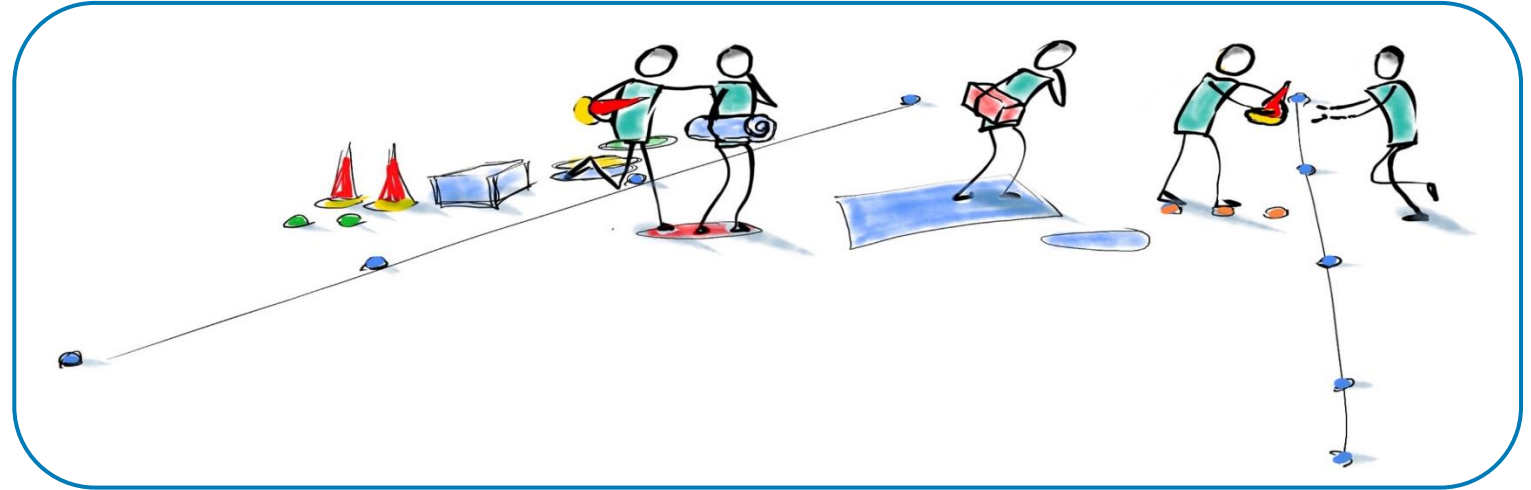
**Progression:** Rotate teams, so they face other opponents. The team with the most wins at the end are crowned Champions.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

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**equipment:**

- Cones
- Floor markers or small hoops
- A variety of sports equipment such as tall cones, hockey sticks, balls, skipping ropes, bibs, cones, beanbags, quoits, rackets and hoops

**how to set up:**

- Split the class into pairs.
- Create a 'river' using a line of cones at each side of a large space.
- On one side of the river all the pairs line up.
- On the other side of the river place a large selection of PE equipment.
- Each pair requires 2 'stepping stones' (floor markers or small hoops).

**how to play:**

- Pairs use their stepping stones to cross the 'river' to collect as much equipment as possible within 5 minutes.
- To move across the river, the children can stand on the stepping stones but must try not to 'fall' into the river. If a child or piece of equipment touches the floor in the river the team must return to the side of the river bank they last left.
- Some rules that must be followed...
  - Stepping stones must be carried when not used for stepping on (they cannot be thrown or slid).
  - Stepping stones cannot be moved if someone is standing on them (such as shuffled along the floor).
  - More than one child may stand on a stepping stone at a time.
  - Only one piece of equipment can be carried at a time, per child.
  - Both partners must be involved in the collection of equipment.

*NB: Pairs keep their collected equipment for the next game.*

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

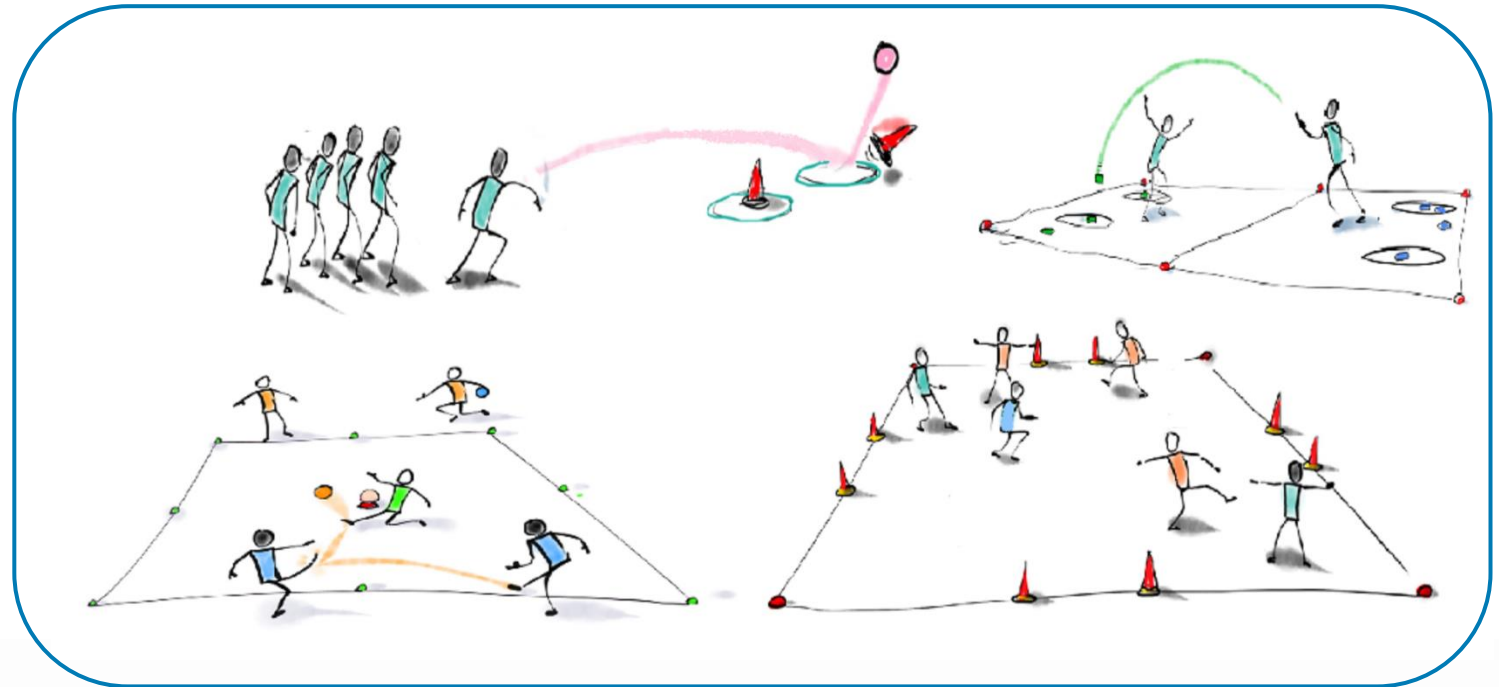
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**equipment:**

- Pencils and paper
- Equipment collected from the previous activity

**how to set up:**

- In the pairs from the previous activity ask children to find another pair to work with (to create a group of 4).
- Each group of 4 should put their equipment together that they created in 'river rescue'.
- Each group needs a large safe area to work in.
- Give each team a pencil and paper.

**how to play:**

- Using the equipment they have collected each team must create a new game to play.
- Groups use their paper for designing their game, including instructions, diagrams and rules.
- Games must be unique and not games they have played before.
- Teams make their game using their equipment, try the game out, and make any changes they need to.
- Allow teams to explain their game to the class, before rotating around and allowing teams to try the other games.

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Hamstring



Arm



Quadricep



Side

### how to play:

- Ask the children to stand in a semi-circle around the teacher.
- Explain and demonstrate a stretch to the class.
- Whilst stretching, choose a pupil to choose a rule or expectation. As a class, discuss the importance/relevance of the rule before moving on to the next stretch.
- Start at the top of the body and work all the way down stretching the major body parts.
- Write the rules and expectations on the whiteboard ensuring all children understand the rules and agree on them for all future PE lessons.

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